





Selfhelp



BIG SIX TOWERS 2025

NORC NEWS

FEBRUARY

3 VISIONS PRESENTATION 10:30 AM (C) JAZZ CONCERT 11:30 (C) WATERCOLOR 1:30 PM (C)	4 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	5 ZUMBA 11 (C) Short Story 11:30 (L) CROCHET CLASS 12:30-1:45 SELF-DEFENSE 2-3 (C)	6 SAIL 11:00 (C) NUTRITION 1 PM ©  NORC OFFICE CLOSSES AT 1:00	7 WEAR RED DAY CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) SING-A-LONG 2:30 PM (C)
10 MET ART BOXES 10:30 AM (C) ADVISORY COUNCIL 12:30 WATERCOLOR 1:30 PM (C)	11 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	12 ZUMBA 11:00 Short Story 11:30 (L) CROCHET CLASS 12:30-1:45 SELF-DEFENSE 2-3	13 SAIL 11:00 (C) NUTRITION 1 PM (C) Valentine's Day Cards (C)	14 CHAIR EXERCISES 10:45 AM (C) BASIC SPANISH 12:30-2:00 (L) 
17 WATERCOLOR 11 (C) LUNAR N:45EW YEAR EVENT: Lantern Making 3:30 (C)	18 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	19 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-1:45 SELF-DEFENSE 2-3	20 SAIL 11:00 (C) NUTRITION 1pm (C) POISON CONTROL 3:30 PM (C)	21 CHAIR EXERCISES 10:45 AM BASIC SPANISH 12:30-2:00 (L) BROWN BAG 2:30-3:30 PM (L)
24 MET ART BOX 10:30 AM (C) WATERCOLOR 1:30 PM (C)	25 SAIL 10:45 (C) Basic Spanish 12:30-2:00 (L) MAH JONGG 2:15 PM (L)	26 ZUMBA 11:00 Short Story 11:30 CROCHET CLASS 12:30-1:45 (L) SELF-DEFENSE 2-3 (C)	27 SAIL 11:00 (C) NUTRITION 1 PM (C) CHINESE MUSIC CONCERT 3:30 (C)	28 CHAIR EXERCISES 10:45 AM BASIC SPANISH 12:30-2:00 (L) MOVIE: 2:30(C)

NORC SERVICES

NORC programs bring together social workers, nurses, housing management, residents and community resources to support older adults age in place.

For assistance from the NORC social workers or nurses, please call 718-565-6569 to make an appointment. We will visit you in your home if you cannot come to the office

Your cooperation is greatly appreciated as we work to accommodate the needs of the many clients we serve.

There are over 800 residents at Big Six who are 60 and over. Over 300 of those are registered and received services from the NORC this past year.

We maintain confidentiality and are a trusted resource

For the most up-to-date information on NORC activities, sign up for our e-newsletter

Information in this newsletter is as accurate as possible at the time of printing. Sometimes there are circumstances beyond our control requiring a change. It is always best to call the NORC office at 718-565-6569 and confirm the day and time of an activity. the most up-to-date information on NORC activities, sign up for our e-newsletter

MESSAGE FROM THE DIRECTOR Theodora (Dora) Ziongas, M.A.

We have many things to celebrate this month, including Black History Month, Lunar New Year, Valentine's Day. We celebrate our diversity and the richness of experiences and cultures that all our residents bring to our community.

The NORC Program serves those residing in Big 6 Towers who are 60 years or older without regard to citizenship status, economic status, race, creed, disability, gender, sexual orientation, marital status, national origin, color, military status, prior record of arrest or conviction, religion, genetic predisposition, or victim of domestic violence.

To participate in NORC activities and/or receive services, you must be registered with the NORC. Call 718-565-6569 to register.



LOCATION KEY:

C = Community Room

L = Library

BIG SIX NORC OFFICE:

61-10 Queens Blvd., Cellar Level, Woodside, NY, 11377/ 718-565-6569



Nurse's Corner

Community Room, Bldg. 2
MILAGROS



DOLORES, RN will be onsite **THREE** days a week—every **Tues., Wed and Fri.** She is available in the Community Room for walk-in visits
Tuesdays 12-1:00 pm
Wednesdays 12-1:00 pm
Fridays: 12-1:00 pm

Other times call 718-565-6569 to make an appointment

Vanessa Kochupaul, RN will also be available Thursdays for virtual visits and organizing educational programs and materials

WEAR RED ON FRI, FEB. 7th to raise awareness of heart health for women



The first Friday in February is National Wear Red Day, a day when many people wear red to bring greater attention to heart disease as a leading cause of death for Americans. 1 in every 5 deaths of women in the United States is caused by heart disease. Learn about heart health, heart disease, and how you can help protect your heart. Heart disease refers to different types of heart conditions. Some people believe that heart disease mainly affects men. But women are just as likely as men to have heart disease.

BROWN BAG MEDICATION REVIEW

With NORC Nurse, Milagros Dolores, RN
Friday, February 21st, 2025
from 2:30-3:30 PM

Put all your medications and supplements into a bag and bring them to this session with our NORC Nurse for a review.



Conducting a brown bag medication review on a regular basis can significantly protect your health.

This is an important activity for everyone who takes medications and/or supplements

Our NORC Nurse will also discuss safe ways of disposing medication and provide a bag for you to do so.

We will schedule this appointments @ 15-20 minute intervals. Call 718-565-6569 to schedule your time.

Medicine Safety for Older Adults

Luz Martinez

Coordinating Manager/Health Educator, NYC Poison Center
NYC Department of Health and Mental Hygiene

POISON CONTROL
Thurs, February 20th @ 3:30 PM

How to Preserve Our Vision as We Age

Presentation by Mark Bones

What is blindness, common diseases that impair our vision, how to prevent vision loss and how to get help for someone we know who is experiencing severe vision loss.

Mon., Feb. 3rd, 2025, 10:30 am, Community Room



NUTRITION AND HEALTHY COOKING CLASSES
With ANNA DIMAGGIO
Community Room, Bldg.2
@ 1:00 PM

FEBRUARY NUTRITION TOPICS

Feb 6: *Have a Heart; Easy, Actionable, Diet & Lifestyle Strategies for Optimal Cardiovascular Health;*

Feb 13: *Proper Food Storage & Safe Handling of Foods*

Feb 20: *The Diabetes Epidemic: Eating for Optimal Blood Sugar Regulation*

Feb 27: *GMOs & Food Bioengineering*

In the Kitchen:

Feb 6: *French Ratatouille w/chickpeas & greens*

Feb 13: *Mason Jar Salad*

Feb 20: *Veggie Packed Frittata over Green Goddess Salad*

2/27: *Overnight Loaded Apple Cinnamon Protein Oats*

CELEBRATING LUNAR NEW YEAR
Mon., Feb. 17th 2025 @ 3:30 pm in collaboration with Korean Arts Forum

Teaching artist Eugenie Chao will lead a class on lantern making; materials provided

Space is limited; Preregistration required



CONCERT FEATURING CHINESE MUSIC
by Jiayi He on harmonica, sponsored by Concerts in Motion

Fri., Feb 27 @ 3:30
Community Room



ART CLASSES led by Donna Miskend WATERCOLOR

Mondays @ 1:30 p.m.,

NOTE: Feb 17th @ 11:00 a.m.
Call 718-565-6569 to register.
Materials provided

MET ART BOX sessions

Mon. FEB 10 & 24 @ 10:30 a.m.



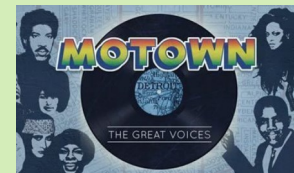
Celebrating BLACK HISTORY MONTH JAZZ CONCERT

Internationally recognised guitarist and composer Morten Duun and Mim Crellin a versatile vocalist and composer
Mon. Feb 3rd @ 11:30 -12:30 a.m.



Join us for SING A-LONG

Fri, Feb. 7th, 2025 @ 2:30 p.m.
Featuring music of **MOTOWN**



MOVIE: The Six Triple Eight

tells the inspiring true story of the incredible and brave women of the first and only Women's Army Corps unit of color stationed overseas during World War II

Friday, Feb 28th @ 2:30 p.m., Community Room; Snacks available



All services are available to seniors 60+ residing in Big 6 Towers without regard to race, gender, disability, religion or sexual orientation, living in the NORC community, and regardless of ability to contribute. Funded in part by the NYC Department for the Aging and the NYS Office for the Aging.

